

Rodale Aquatic Center for Civic Health

2017 January-February Class Schedules and Prices

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CEDAR CREST
COLLEGE

www.cedarcrest.edu

ADULT CLASSES

Must be 18 or older to participate.

LAP & LEARN

Price: \$112 for 8 weeks.

Lap & Learn schedule is available online and at the front desk.

MASTERS SWIMMING

Monday – Friday 5:30 a.m.; Saturday 7:00 a.m.; Sunday 11:00 a.m.

Price: \$303.00 for 6 months; \$60.00/month; \$10.00/visit

SPECIAL FOCUS CLASSES

7 Visits.....\$76 14 Visits \$146

- Additional single visits can be purchased for \$12 each.
- Class participation requires the use of a “visit” from your account.

M3 (Mid Morning Masters) is a goal oriented swim class with challenging workouts for all levels of swimmers. Come join the comradery and fun as we swim across the world in 2017! Our workouts focus on efficient swimming which includes a warm up, main set and cool down utilizing all four strokes, drills, kick sets and the use of pull buoys and fins. Come and experience the “Joy of Swimming” and others. Mindful swimming is a pre-requisite (if needed) to learn the mechanics of all four strokes.

M3 (Mid Morning Masters)M/W/F 9:30 - 10:45 a.m.
 Mindful Swimming & M3.....M 10:45 - 12:00 p.m.
 M3W/F 10:45 - 12:00 p.m.

AQUATIC FITNESS CLASSES

FLEXIBLE SCHEDULING SYSTEM

7 classes \$62
 14 classes.....\$119
 21 classes.....\$164
 28 classes.....\$204
 35 classes.....\$250

* You will be charged for each class you attend.

AQUA PILATES

T/TH..... 11:00 a.m.
 T.....6:30 p.m.
 SAT 12:30 p.m.

ARTHRITIS SHALLOW WATER

M/W/F 11:00 a.m.

ARTHRITIS PLUS SHALLOW WATER

M/W/F 10:00 a.m.
 T/TH..... 12:00 p.m.

AQUATICISE

M/W/Th6:30 p.m.
 M/W/F9:00 a.m.
 T/TH..... 10:00 a.m.
 SAT 10:00 a.m.

DEEP WATER RUNNING

SAT9:00 a.m.

DEEP WATER WORKOUT

M/T/TH/F9:00 a.m.
 M.....5:45 p.m.
 W5:30 p.m.

DRYLAND ISUP

M.....7:15 p.m.

This is a yoga inspired workout combining strength, core, balance and relaxation. This 45 minute class takes place in our back classroom.

HYDRORIDER BIKE

M.....5:45 p.m.
 T/TH.....9:00 a.m.
 T/TH.....5:30 p.m.
 SAT8:00 a.m.

MOMS IN MOTION

W7:15 p.m.

MULTIPLE SCLEROSIS SHALLOW WATER

M/W/F 10:00 a.m.

RAC ALERT SYSTEM

SIGN UP TO BE NOTIFIED OF ANY UNEXPECTED POOL CLOSURES. GO TO WWW.CEDARCREST.EDU AND CLICK ON *RODALE AQUATIC CENTER* FOR MORE INFORMATION.

JANUARY - FEBRUARY 2017 OFFERINGS

Please Note: Schedule subject to change. Please register in person for the most up to date information. You cannot register by phone.

Session	Class Dates	Registration Dates
Session C	January 3 – February 18	December 12-18 Current Students December 19-23 Past/New Students
Session D	February 27 – April 13	February 13-18 Current Students February 20-26 Past/New Students

The facility will be closed on the following dates:

Saturday, December 24, 2016Christmas Eve
Sunday, December 25, 2016Christmas Day
Saturday, December 31, 2016New Year's Eve
Sunday, January 1, 2017New Year's Day
Monday, January 2, 2017New Year's Day Observed
Sunday, February 19, 2017Pool Maintenance

Facility closes under severe weather and thunderstorms.

One time Processing Fee of \$20 for each individual

Practice swims

\$5 per practice swim for currently enrolled participants.
Anyone under age 18 may only practice during family swim hours.

Family Swim Hours

Friday 7 p.m. – 8:45 p.m.
Saturday 1:30 p.m. – 3:15 p.m.
Sunday 3 p.m. – 4:30 p.m.
\$10 for one visit. **Must be currently enrolled to purchase.**

For current detailed course descriptions, please see our latest informational brochure. Please register in person for the most up-to-date information.

PARENT/CHILD 7 CLASSES PER SESSION

Little Pearls (6 months to 18 months)			
Day/ Class	Time	Code	Per Session
Tuesday	4:00 p.m.	PCL20400p	\$88
Saturday	9:00 a.m.	PCL60900a	\$88
Cultured Pearls (19 months to 24 months)			
Day/ Class	Time	Code	Per Session
Wednesday	5:00 p.m.	PCC30500p	\$88
Friday	5:30 p.m.	PCC50530p	\$88
Starfish (approximately 2 to 3.5 years)			
Day/ Class	Time	Code	Per Session
Monday	8:30 a.m.	PCS10830a	\$75*
Monday	5:00 p.m.	PCS10500p	\$75*
Tuesday	5:30 p.m.	PCS20530p	\$88
Saturday	11:30 a.m.	PCS71130a	\$88

*No Class January 2

GROUP CLASSES 7 CLASSES PER SESSION

Our programming structure does not allow for make-up classes.

Level 1 • 4 Students per instructor

*Primary focus: Bubbles, bobbing, back float

*Exit skills: Bob with head fully submerged; assisted float on front and back

Day	Time	Code	Per Session
Monday	9:00 a.m.	LV110900a	\$89*
Monday	6:00 p.m.	LV110600p	\$89*
Tuesday	3:30 p.m.	LV120330p	\$104
Tuesday	5:30 p.m.	LV120530p	\$104
Wednesday	9:00 a.m.	LV130900a	\$104
Thursday	9:30 a.m.	LV140930a	\$104
Thursday	5:30 p.m.	LV140530p	\$104
Friday	4:00 p.m.	LV150400p	\$104
Friday	5:30 p.m.	LV150530p	\$104
Saturday	9:00 a.m.	LV160900a	\$104
Sunday	1:30 p.m.	LV170130p	\$89*

*No Class January 2 and February 19

Level 1+ • 4 Students per instructor

*Primary focus: Face in water; independent swim with kicking and arm movement

*Exit skills: Independent swim on front for 5 feet

Day	Time	Code	Per Session
Monday	4:30 p.m.	LV1+10430p	\$89*
Monday	5:00 p.m.	LV1+10500p	\$89*
Tuesday	9:00 a.m.	LV1+20900a	\$104
Tuesday	6:00 p.m.	LV1+20600p	\$104
Wednesday	9:30 a.m.	LV1+30930a	\$104
Wednesday	5:00 p.m.	LV1+30500p	\$104
Thursday	9:00 a.m.	LV1+40900a	\$104
Friday	4:30 p.m.	LV1+50430p	\$104
Saturday	10:00 a.m.	LV1+61000a	\$104
Saturday	11:30 a.m.	LV1+61130a	\$104
Sunday	11:30 a.m.	LV1+71130a	\$89*
Sunday	1:00 p.m.	LV1+70100p	\$89*

*No Class January 2 and February 19

Level 2 • 4 Students per instructor

*Primary focus: Kicking with straight legs; front and back arm action

*Exit skills: Independent front and back floating; independent swim on front with face in water and back using arms and legs for 15 feet

Day	Time	Code	Per Session
Monday	9:30a.m.	LV210930a	\$89*
Monday	4:00 p.m.	LV210400p	\$89*
Monday	6:00 p.m.	LV210600p	\$89*
Wednesday	4:30 p.m.	LV230430p	\$104
Wednesday	5:30 p.m.	LV230530p	\$104
Thursday	5:00 p.m.	LV240500p	\$104
Friday	6:00 p.m.	LV250600p	\$104
Saturday	9:30 a.m.	LV260930a	\$104
Saturday	11:00 a.m.	LV261100a	\$104
Sunday	1:30 p.m.	LV270130p	\$89*
Sunday	2:00 p.m.	LV270200p	\$89*

*No Class January 2 and February 19

Schedule subject to change based on instructor availability and participant requests. Register in person.

Level 2+ • 4 Students per instructor

*Primary focus: Freestyle and backstroke with effective kicks and arm action; endurance

*Exit skills: Freestyle and backstroke with proper arm and leg action for 25 feet

Day	Time	Code	Per Session
Monday	5:30 p.m.	LV2+10530p	\$89*
Tuesday	9:30 a.m.	LV2+20930a	\$104
Tuesday	6:00 p.m.	LV2+20600p	\$104
Wednesday	6:00 p.m.	LV2+30600p	\$104
Thursday	4:30 p.m.	LV2+40430p	\$104
Friday	5:00 p.m.	LV2+50500p	\$104
Friday	6:00 p.m.	LV2+50600p	\$104
Saturday	9:30 a.m.	LV2+60930a	\$104
Sunday	12:00 p.m.	LV2+71200p	\$89*
Sunday	1:30 p.m.	LV2+70130p	\$89*

*No Class January 2 and February 19

Level 3 • 4 Students per instructor

*Primary focus: Freestyle with bi-lateral side breathing; backstroke, elementary backstroke

*Exit skills: Freestyle with bi-lateral side breathing for 15 yards; backstroke and elementary backstroke for 15 yards; tread water for 30 seconds

Day	Time	Code	Per Session
Monday	4:30 p.m.	LV310430p	\$89*
Tuesday	4:30 p.m.	LV320430p	\$104
Wednesday	5:30 p.m.	LV330530p	\$104
Thursday	6:00 p.m.	LV340600p	\$104
Friday	5:00 p.m.	LV350500p	\$104
Saturday	10:00 a.m.	LV361000a	\$104
Saturday	10:30 a.m.	LV361030a	\$104
Sunday	11:00 a.m.	LV371100a	\$89*
Sunday	1:00 p.m.	LV370100p	\$89*

*No Class January 2 and February 19

Level 3+ • 4 Students per instructor

*Primary focus: Proficient in freestyle, backstroke and elementary backstroke; endurance and confidence in large pool

*Exit skills: Kneeling dive in deep end of large pool; freestyle with by-lateral side breathing, backstroke and elementary backstroke in large pool

Day	Time	Code	Per Session
Monday	4:30 p.m.	LV3+10430p	\$89*
Tuesday	5:00 p.m.	LV3+20500p	\$104
Wednesday	6:00 p.m.	LV3+20600p	\$104
Thursday	5:00 p.m.	LV3+40500p	\$104
Friday	4:30 p.m.	LV3+50430p	\$104
Saturday	9:30 a.m.	LV3+60930a	\$104
Sunday	12:30 p.m.	LV3+71230p	\$89*
Sunday	2:00 p.m.	LV3+70200p	\$89*
Sunday	2:30 p.m.	LV3+70230p	\$89*

*No Class January 2 and February 19

Level 4 • 5 Students per instructor

*Primary focus: Breaststroke, improving technique, endurance and lap swimming

*Exit skills: Standing dive; freestyle with bi-lateral side breathing 25 yards; breaststroke 25 yards; elementary backstroke 25 yards; tread water 1 minute

Day	Time	Code	Per Session
Tuesday	4:00 p.m.	LV420400p	\$104
Tuesday	5:00 p.m.	LV420500p	\$104
Wednesday	4:30 p.m.	LV430430p	\$104
Thursday	4:00 p.m.	LV430400p	\$104
Friday	4:00 p.m.	LV450400p	\$104
Saturday	9:00 a.m.	LV460900a	\$104
Sunday	11:30 a.m.	LV471130a	\$89*

*No Class February 19

Level 5 • 5 Students per instructor

*Primary focus: Butterfly; technique of all strokes, endurance

*Exit skills: Standing dive; freestyle 50 yards; breaststroke 25 yards; backstroke 25 yards; butterfly 15 yards; tread water 2 minutes

Day	Time	Code	Per Session
Monday	5:00 p.m.	LV510500p	\$89*
Tuesday	4:30 p.m.	LV520430p	\$104
Thursday	4:30 p.m.	LV540430p	\$104
Saturday	11:30 a.m.	LV561130a	\$104
Sunday	12:00 p.m.	LV571200p	\$89*

*No Class January 2 and February 19

Level 5+ • 8 Students per instructor

*Primary focus: Preparation for Yes I Can

*Exit skills: Freestyle 100 yards; backstroke 50 yards; breaststroke and butterfly 25 yards; streamline on back 25 yards; streamline underwater starts

Day	Time	Code	Per Session
Monday	6:30 p.m.	LV5+50630p	\$135*
Thursday	6:30 p.m.	LV5+40630p	\$157
Saturday	11:00 a.m.	LV5+61100a	\$157

*No Class January 2

YES I CAN – YOUTH SWIMMING FOR SPORT AND FITNESS

Monday – Friday 5:00 – 7:00 p.m.

Saturday 12:00 – 1:30 p.m.

6 Visits \$84.00 12 Visits \$168.00 18 Visits \$234.00

HOME SCHOOL Ratio 15:2

Day	Time	Code	Per Session
Monday	1:00 p.m.	HOME10100p	\$66

*\$57.00 for the second sibling, \$49.00 for third and additional siblings.

ADAPTED AQUATICS Ratio: 1:1

Price: \$175 per participant for 7 classes.

SEMI-PRIVATE CLASSES Ratio: 2:1

Price: \$210 per participant for 7 classes.

PRIVATE CLASSES Ratio: 1:1

Price: \$280 per participant for 7 classes.

Please see back for adult classes and fitness class schedule and prices.